

# What's in my Control?

Control is a funny thing, a lot of people want it while others really need it. When we are talking about Self-Control it's important to know what is within our control and what is out of our control. Below is a word bank of 'things' some are in our control and some are out. Your job is to write where the control lies. Inside the shape or outside the shape?

**OUT**

**IN**

Word Bank:

My thoughts. Weather. The past. Other's words. Asking for help. My attitude. How I treat others. Forgiving others. The situation. My responses. Other's opinions. My effort. Being honest. Others apologising. Learning from mistakes. Other's opinion of me. Time. What others say. My work. Other's actions. My choices. My apologies. Other's mistakes. Other's attitude. Other's behaviours. My actions. My opinions. Other's choices. Other people forgiving me. My words. Other's ideas. My ideas. My behaviour. Other's thoughts